

Mirror

Count: 40

Wand: 4

Ebene: Beginner

Choreograf/in: Helle Mygind (DK)

Musik: Dance Above the Rainbow - Ronan Hardiman



KICK, KICK, TRIPLE (RIGHT AND LEFT)

- 1-2 Kick right foot forward twice
- 3&4 Triple step in place right-left-right
- 5-6 Kick left foot forward twice
- 7&8 Triple step in place left-right-left

HEEL SWITCHES WITH STEP TURN TWICE

- 1&2 Touch right heel forward, step on right, touch left heel forward
- &3 Step on left.- step right forward
- 4 Pivot ½ turn left
- 5-8 Repeat 1-4

SHUFFLE FORWARD, ROCK STEP, SHUFFLE BACK, ROCK STEP

- 1&2 Step forward right, close left beside right, step forward on right
- 3-4 Rock step left foot forward, step right in place
- 5&6 Step back on left, close right beside left, step back on left
- 7-8 Rock step back on right, step left in place

RUNNING STEP BALLS RIGHT AND LEFT WITH LEFT/4 TURN

- 1& Step right to right, step ball of left beside right
- 2& Step right to right, step ball of left beside right
- 3-4 Step right to right, left foot ¼ turn left

5-8 arms up over your head

- 5& Step left to left, step ball of right beside left
- 6& Step left to left, step ball of right beside left
- 7-8 Step left to left, stamp right foot beside left

In count 8 you make ¼ turn left with right foot and snap fingers, hold position on your feet when doing step balls at left

SHUFFLE RIGHT, TOE TURN TWICE

- 1&2 Step right to right, close left beside right, step right to right
- 3-4 Touch left toe back, make ½ turn left
- 5&6 Step right to right, close left beside right, step right to right
- 7-8 Touch left toe back, make ½ turn left

REPEAT